The number of caregivers supporting people with cancer was estimated to be 2.8 million in 2015 (National Alliance for Caregiving, 2016). Friend or family caregivers are individuals identified by the patient (Stenberg, Ruland, & Miaskowski, 2010) who provide unpaid assistance with chronic or disabling conditions, such as cancer (American Cancer Society, 2017; National Alliance for Caregiving, 2016). Engaging informal caregivers to provide symptom management can support patients with serious conditions (Reinhard, Given, Petlick, & Bemis, 2008). However, the time and type of activities devoted to caregiving may affect caregivers’ psychological, physical, and social health outcomes (Bevans & Sternberg, 2012; Girgis et al., 2013; Given, Given, & Sherwood, 2012; Northouse et al., 2013; Weiss et al., 2016). Integrative therapies, also known as complementary and alternative medicine (CAM), provide...